

French Toast



Cook time: 15 minutes, **Yield:** Serves 4

INGREDIENTS

- 4 eggs
- 2/3 cup milk
- 2 teaspoons of sugar (Vanilla, Cinnamon) Optional
- 8 slices of bread
- Butter
- Maple syrup
- Canola Spray

METHOD

- 1** In a medium bowl, whisk together the eggs, milk, and sugar. Whisk the mixture until well blended and pour into a shallow bowl, wide enough to place a slice of the bread you will be using.
- 2** Spray large skillet with Pam and place over medium heat. Place each slice of bread into the milk egg mixture, allowing the bread to soak in some of it. Shake off the excess, and place the bread slices onto the hot skillet.
- 3** Fry the French toast until browned on one side, then flip and brown the other side.
- 4** Serve hot with butter, maple syrup.